



Questions to Ask Yourself

- ◆ Do I want to finish school before having a baby?
- ◆ Can I support a baby? Do I have a job?
- ◆ Do I have the emotional support to care for a baby?
- ◆ Am I in a lasting relationship that will be good for a baby?

This guide can help you decide the best way to plan your family.

DSS Nondiscrimination Policy: It is the policy of the Department of Social Services (DSS) to make sure that applications for program benefits and services are made available to everyone and that program benefits are granted to all who meet eligibility standards. DSS staff, programs and policies must not discriminate against clients or applicants for services because of race, color, sex, age, disability, religion and national origin. DSS must also provide fair and equal access to all of its programs and services for people with disabilities; this includes both physical access to buildings and access to programs and services. To file a complaint of discrimination write: DSS Division of Legal Services, 700 Governors Drive, Pierre, SD 57501-2291 or call: (605) 773-3305. If you have a question regarding program services, please contact your nearest DSS office.

10,000 copies of this document were printed by DSS at a cost of 8 cents per copy.
DSS/TANF/10M/0206

Parents by Choice



INFORMATIONAL GUIDE TO FAMILY PLANNING

*Departments of Social Services,
Labor, Health, Education
and Indian Health Services*

◆ Parents by Choice ◆ Parents by Choice ◆

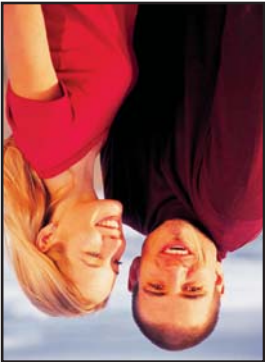
BIRTH CONTROL METHODS

The following chart outlines family planning choices you may consider.

Abstinence (not having sex)	100 percent effective and protects against sexually-transmitted diseases.
Birth Control Pills	Prescription. 95 to more than 99 percent effective when used properly.
Condoms	Protects against most sexually-transmitted diseases. 79 to 97 percent effective.
Spermicide	Foams, gels or creams. As low as 50 percent effective when used alone. More effective when used with a condom or diaphragm.
Diaphragm/ Cervical CAP	Prescription. Must also use spermicide. 60 to 91 percent effective.
IUD	Intrauterine Device. Inserted by medical provider. Prescription. 99 percent effective.
Contraceptive Patch	Prescription hormonal patch. More than 99 percent effective.
Depo-Provera	Shot every 10-13 weeks. Prescription. More than 99 percent effective.
Vasectomy	Surgical procedure for males. Consent form requirements must be completed for Medical Assistance to pay. More than 99.8 percent effective.
Tubal Ligation	Surgical procedure for females. Consent form requirements must be completed for Medical Assistance to pay. More than 99.8 percent effective.
Vaginal Ring	Ring inserted into the vagina that releases hormones. Prescription. 99 percent effective.

* Abstinence is the only method that is 100 percent effective and completely protects against sexually-transmitted diseases.

Family
Planning



Family planning is making the decision to become a parent by choice, spacing the birth of your children or limiting the size of your family. There are several ways to decide if it is the right time to have a new baby. Some things to consider are your physical, financial and emotional ability to care for a new baby.

The Departments of Social Services, Labor, Health, Education and Indian Health Services work together to provide services to families regarding family planning and birth control.

Birth Control Methods

Your choice of family planning is a personal decision between you and your partner. You may consider several family planning choices. You must decide what is best for you.

Medical Assistance
Pays for Birth Control

South Dakota Medical Assistance pays for birth control services and supplies for eligible recipients. You can receive services through a doctor, family planning clinic, community health nurse or Indian Health Services.